



GRUNSKI RUNSKI

Menasha, Wisconsin
A 10k & 2 mile run/walk race for the entire family!

OFFICIAL ENTRY

I enter this event at my own risk and agree to hold the City of Menasha, all race sponsors, and all workers or volunteers associated with this event harmless for all liability, damage or personal injury I may sustain out of my participation in this event.
If applicable, as parent or guardian, I have explained to my child, to the best of my ability, the risks associated with running or walking this event, and all risks associated with participation in this event.

Name _____ Gender (M or F) _____ Age _____ (on race day)
Address _____ City _____ State _____
Zip Code _____ Telephone _____ T-shirt size: S M L XL XXL (circle one)
Signature _____ (Parent sign if under 18)

Race Results sent by request only: US Mail e-mail (circle one) e-mail address _____

AGE GROUPS:	2 Mile:	12 & ↓	13-17	18-29	30-39	40-49	50-59	60 & ↑	Wheelchair
(please ✓)	10K:		13-17	18-29	30-39	40-49	50-59	60 & ↑	Wheelchair

EVENT: (please ✓) 10K RUN 2 MILE RUN 10K WALK* 2 MILE WALK*

* walking events are non-competitive and are not timed. Walkers may note their times by the finish line time clock.

Checks payable to: City of Menasha, 140 Main Street, Menasha, WI 54952, (920) 967-5106

WHEN:

Saturday August 9, 2003

(Separate start lines for 2 Mile and 10K events)

CATEGORIES:

(Male & Female for each category)

10K Walkers	8:45 a.m.
Wheelchair participants	8:50 a.m.
10K Runners	8:55 a.m.
2 Mile Runners & Walkers	9:00 a.m.

**Grunski
Runski**



AGE GROUPS: 2 Mile: [12 & ↓] [13-17] [18-29] [30-39] [40-49] [50-59] [60 & ↑] (Wheelchair)
10K: [13-17] [18-29] [30-39] [40-49] [50-59] [60 & ↑] (Wheelchair)

AWARDS:

Great T-shirts to all participants. Unique prizes to the fastest male and female in each race.
10K and 2 Mile: Plaques to 1st in each division, awards to 2nd and 3rd.

Award ceremony 10:30 a.m. near the finish line.

FEES:

10K and 2 Mile - \$10 through August 2, \$15 thereafter
Families of 3 or more registering together can take \$1 off of each fee

REGISTRATION:

Begins at 6:45 a.m. in front of the swimming pool in Jefferson Park.
To avoid waiting in line on race day, pre-registration by mail is highly recommended.

COURSE:

Both courses are certified by United States Track and Field. 10K # is WI-02107-JW and 2 Mile # is WI-02106-JW.
The event starts just west of Jefferson Elementary School and ends at the east end of the park.
Both courses proceed along city streets. Fast, scenic with few turns and hills. Many personal records.
Time splits read at mile 1, 3, 5. Three water stations on the 10k course and one on the 2 mile.
462 runners participated in 2002.

MISCELLANEOUS:

Computerized race timing provided by Elvish Consulting.
Dressing and showers facility available.
Refreshments, fruit, bagels and cookies at the finish.
Wheelchairs will be escorted by motorcycles.

RESULTS:

Posted on the city's website at www.cityofmenasha.com/parkrec
Sent by request only (US Mail or e-mail)

Early Race Number & T-shirt

Thurs. August 7th 11:00 a.m. – 4:00 p.m.
Friday August 8th 8:00 a.m. – 4:00 p.m.
MPRD office
2nd floor, City Hall
140 Main Street